



Checking Your Blood Pressure

Before You Begin

- ☐ **No coffee**
in the last 30 minutes.



- ☐ **No tobacco**
in the last 30 minutes.



- ☐ **No meals or exercise**
within 2 hours.



- ☐ **Visit the restroom**
A full bladder can affect the reading.



P R I N T I N G S P E C I F I C A T I O N S

Title: **Checking Your Blood Pressure: Before You Begin** (poster)

Size: 8.5 x 11 and 11 x 17 each

Paper stock: 80# Cover Mohawk Options, white, smooth

Ink color: 4-color process/0, no bleeds

Special instructions: Laminate, matte finish, rounded and sealed 1/4" corners

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